



## HEBER VALLEY CARE CENTER

160 WEST 500 NORTH — HEBER CITY, UTAH



# "WE CARE"

Long Term  
Care

Day  
Care

Respite  
Care

---

**PHONE (801) 654-0521**



We would like to thank Mary Bluth for being chairman of the Fall Family Fling. She has done a tremendous job. Also we appreciate her committees Jane Pinter, Floorshow; Edith Mair, Susan Graham, decorations; Billie Sue Morris, Dixie Holmes and Mary Olympics; Sandy Sargent, posters; Joan Bingelli, media coverage; Betty Mair, distribution of posters and flyers; Rhonda Rose, cloggers; Terri Ferrand and Vicki Todd, refreshments; Judy Lindsay, Football Team.

Sincerely,  
Heber East Stake  
Activities Committee

# HEBER OFFICE

of the

## PARK CITY FAMILY COUNSELING INSTITUTE



A non-profit professional counseling service for:  
Individuals, Couples, Families, Groups, Adolescents  
and Children

- \* Parenting
- \* Divorce
- \* Stress
- \* Behavioral
- \* Communication
- \* Depression
- \* Assertiveness
- \* School

### Rates Adjustable for Low-Income Households

Marion P. Ayers, Doctor of Social Work  
Nancy A. Bradish, Master of Social Work

TUESDAY & THURSDAY APPOINTMENTS

Old North School

**654-3649**

I'm gonna be  
thinner by  
Thanksgiving  
... and skinny  
by Christmas!

HOW TO WIN AT THE LOSING GAME

## DIET CENTER<sup>®</sup>

I'm starting the  
Diet Center  
Program today!

JANET SWEAT, COUNSELOR

135 South Main — Heber  
(Rear Entrance of Intm. Thrift & Loan) 654-3042

NEW HOURS: Mon-Fri 7 a.m.-1 p.m., Sat. 9:30-11:30a.m.

